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# **Cutting Edge Breakthroughs for Aging with Lifelong Disabilities**

**June 2, 2014**

**Doubletree by Hilton Richmond-Midlothian, Koger Conference Center,  
Richmond, VA**

**Sponsored by the Area Planning and Services Committee on Aging with  
Lifelong Developmental Disabilities (APSC)**

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**This conference is made possible through the generous assistance of the  
Region IV Consortium of Community Service Boards**

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**8:00-9:00**     James River Foyer  
Registration and Coffee

**9:00-10:30**     Parlor H

## ***Welcome***

Ed Ansello, Ph.D., Virginia Center on Aging, Virginia Commonwealth University, Chairman, APSC and Thelma Bland Watson, Ph.D., Executive Director, Senior Connections, The Capital Area Agency on Aging

## **Keynote Address**

### ***Smart Technologies for Everyday Living***

The recent emergence of smartphones, tablets, and smart home technologies provides tremendous opportunities for improved everyday function and independence for people with developmental disabilities. Based on a decade of community-based research, this presentation will focus on straightforward and readily-accessible strategies for using these tools to manage everyday life challenges.

*Tony Gentry, PhD, OTR/L, Associate Professor, Department of Occupational Therapy, Virginia Commonwealth University*

**10:30-10:45**     Networking Break

**10:45-12:15**     Breakout Sessions, Part 1: Sessions A-C

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**A. Parlor E**

***Housing Opportunities for Individuals with Lifelong Disabilities***

Housing opportunities for individuals with lifelong disabilities in Virginia are changing, especially in light of the U.S. Department of Justice Settlement and pending Medicaid Waiver reform. The presenter explores with session attendees both existing opportunities and 'what may be coming down the pike'.

*Presenter: Bruce DeSimone, AICP, HDFP, senior Community Services Officer, Seniors and Housing for Persons with Disabilities, Virginia Housing Development Authority (VHDA).*

APSC Host: Lynne Vest

#### **B. Parlor F**

##### ***The Medical Home***

The patient-centered medical home model holds promise as a way to transform health care into "what patients want it to be." According to the National Committee for Quality Assurance, the medical home model can lead to higher quality and lower costs, and can improve patients' and providers' experiences of care. Speakers from Bon Secours Health System and Anthem Blue Cross Blue Shield Virginia describe the medical home model, how it's implemented in the health system, and how it is experienced by the consumer.

*Presenters: Rhonda D. Keith, Community Collaboration Manager, Anthem Blue Cross Blue Shield, Amy Smith, Patient Centered Care Consultant, Anthem Blue Cross Blue Shield, and Angel Daniels, Medical Home Clinical Supervisor, Bon Secours Richmond Health System*

APSC Host: April Holmes

#### **C. Parlor G**

##### ***Freedom and Safety: Life in the Community***

Leaving the relative safety of institutional settings brings opportunities and challenges for consumers; sometimes there can be a tension between freedom and safety. This session features the brief film "Place Matters," and discussions of experiences by consumers and available community resources.

*Presenters: Katherine Lawson, Virginia Board for People with Disabilities, Angela Stevens, Hope House, and accompanying consumer; Mary Beth Schutte, Henrico CSB, and accompanying consumer.*

APSC Host: Mary Beth Schutte

**12:15-1:30**    Networking Luncheon in Parlor H

**1:30-3:00**    Breakout Sessions, Part II: Sessions D-F

#### **D. Parlor E**

##### ***Smartphones and Tablets as Aids to Healthy Aging***

Learn about the use of mobile technologies and apps for memory, task-sequencing, wayfinding, communication, healthy living, and more. We will

discuss best practices in selecting devices and apps to fit your lifestyle and needs.

*Presenter: Tony Gentry, PhD, OTR/L*

APSC Host: Monica Uhl

#### E. Parlor F

##### ***Update on the Affordable Care Act and Medicaid***

The co-presenters discuss how the Affordable Care Act benefits people with disabilities and provide updates on the progress of the Health Insurance Marketplace and Medicaid expansion in Virginia.

*Presenters: Ashley Chapman Kenneth, M.S., Senior Manager of Advocacy, National Multiple Sclerosis Society and Jill Hanken, Health Attorney, Virginia Poverty Law Center*

APSC Host: Bunny Caro-Justin

#### F. Parlor G

##### ***Promising Practices in Employment Services***

Review a variety of employment service practices and interventions that have demonstrated effectiveness in supporting the achievement of employment outcomes by individuals with a cross-section of significant disabilities. The session describes individual employment case studies and invites discussion of challenges and opportunities in providing employment services.

*Presenter: W. Grant Revell, Jr., M.S., M.Ed., Research Associate, Virginia Commonwealth University Rehabilitation Research and Training Center*

APSC Host: Eric Drumheller

**3:00-3:15**      Networking Break

**3:15-4:30**      Parlor H

#### Closing Plenary

##### ***Growing Younger: Using Exercise and Art to Engage Older Adults***

Learn about the Growing Younger, an innovative program that revamps the logic model for health in later life, and uses enjoyable exercise, like line dancing, to improve cardiovascular functioning and fitness, with the Senior Fitness Test as benchmark; the Visual Arts Center's recent SAY (senior and youth) project, an intergenerational and multimedia based art project; and Art on Wheels, which notes benchmark improvements (in both quantitative and qualitative measures) through its direct to consumer approach to bringing art to the individuals.

*Presenters: Eric Garmon, Growing Younger Program Director; Jordan Roeder, Outreach Coordinator, Visual Arts Center; and Andrea Orlosky, Executive Director, Art on Wheels*

# ***Cutting Edge Breakthroughs for Aging with Lifelong Disabilities***

***June 2, 2014***

8:00 am-4:30 pm

Doubletree by Hilton Richmond-Midlothian, 10800 Midlothian Turnpike

**Costs:** Conference fee is **\$35 a person**, including materials, luncheon and breaks. Scholarships are available, when needed, for family members who are caregivers. Advance registration ends on May 30, 2014. After May 30th and on-site the registration is \$45 a person, if space allows. **Seating is limited.**

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**Registration:** [www.apsc14.eventbrite.com](http://www.apsc14.eventbrite.com)

**Information:** For more information about this conference, call (804) 828-1525 or e-mail to [eansello@vcu.edu](mailto:eansello@vcu.edu)

If you need special accommodations, please tell us before May 16th.

*Qualifying participants may receive a **Certificate of Attendance** documenting 5.75 contact hours of education.*

Sponsored By  
**Area Planning and Services Committee (APSC)**